



ARL is an Authority on Nutrition and the Science of Balancing Body Chemistry Through Hair Tissue Mineral Analysis!

Hair Tissue Mineral Analysis


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Lithium

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Sources Of Lithium

- Small amounts are found in a wide variety of foods
- Lubricating grease
- Batteries
- Ceramics and glass
- Used in medication to treat bipolar disorder

Functions Of Lithium

- Decreases manic symptoms in manic-depressive patients
- May modulate the conversion of essential fatty acids into prostaglandins
- May stabilize serotonin transmission
- Anti-aggressive action

Roles In The Body

- Research by Frazier found that those patients who were helped by lithium experienced increased uptake of sodium through their cell membranes.
- According to Sheard, lithium can replace sodium in the cells, and its structure resembles calcium and magnesium. It appears to have the same stabilizing effect on nervous cells as calcium and magnesium.

Hair Analysis Notes

- Lithium appears to lower sodium levels. This would correlate with the research by A. Frazier.
- The meaning of hair lithium levels is a topic of research.

Indications For Supplementation

Aggressive behavior, manic-depression and some cases of depression.

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The preceding statements have not been evaluated by the
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This information is not intended to diagnose, treat, cure or prevent any disease.*

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